

Virgin White Sangria



Indulge in the refreshing flavors of our Virgin White Sangria recipe. This alcohol-free twist on the classic beverage features a delightful blend of crisp fruits and aromatic herbs, creating a perfect mocktail for any occasion.

Preparation 5 min

Cooking 0 min

Servings 8

Nutrition Facts (per serving)

Calories 95

Fat 0

Carbohydrates 25

Fibre 2

Protein 1

Sodium 20

Ingredients

- 1 L (4 cups) apple juice
- 2 yellow apples, thinly sliced
- 1 lime, thinly sliced
- 125 ml (½ cup) pomegranate arils (see Note)
- Ice cubes, to serve

- 1 L (4 cups) carbonated water

Note: Pomegranate arils can be purchased pre-made in the frozen food section. Pomegranate arils can be replaced with any of the berries in the recipe (raspberries, blueberries, strawberries...).

Preparation

1. Mix the apple juice with the fruit in a large pitcher or bowl.
2. To serve, pour the juice and fruit mixture over ice and add an equal amount of sparkling water to each glass.

Notes

Keeps for 5 days (without added carbonated water).



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa